Barker Sleep Institute
All we do is sleep.

SleepXcel
Sleep well. Play well.

Welcome to the Barker Sleep Institute's PAP user manual

Inside are helpful tips for successful PAP therapy including:

- Solutions to common questions
- Cleaning of PAP equipment
- Parts replacement schedule
- Easy to follow instructions for adapting to your PAP

Your goal is to use your PAP 100% of the time you sleep. We offer you our full support to achieve the PAP comfort and compliance that will give you maximum health benefits!

Please remember if you have any questions about PAP therapy to contact your Durable Medical Equipment (DME) Company or call us on the Barker Sleep Institute PAP line at 865-584-3850 ext 102.

This information is also available on our website www.barkersleep.com

Barker Sleep Institute is a member of and accredited by the American Academy of Sleep Medicine. For more information about us please visit our website at www.barkersleep.com

Steps to follow for successful PAP usage:

1. You will need to use distilled water in the humidifier (this area has hard water that will cause your humidifier to get hard water deposits).
2. Humidifier temperature usually runs between 80-86 degrees. This helps with nasal dryness and congestion. You may find that a warmer temperature is more comfortable for the winter months.
3. (S9 PAP) To adjust the temperature of the humidifier press the start button and the temperature will appear in orange, turn the dial on the right to adjust the temp to your preference and press the dial and the temp will turn blue. The temp is now set.
4. (All other PAP devices) To adjust the temperature of the humidifier, turn the dial on the front of the machine.
5. Be sure to look at the maximum fill line in your humidifier tank and not overfill the tank. This can damage the machine. Always remove the tank from the humidifier to add water.
6. (S9 PAP) In order for the climate tubing to work it must be securely locked into place on the back of the machine. Remove the black rubber cover, and then twist tubing securely into place. The unit will read "climate control has been enabled" when it is locked into place.
7. When putting your PAP mask on make sure it is clean, your skin is clean (no lotions or moisturizers, makeup, etc.). This will help to prevent mask leak. Once the mask is on, turn on the PAP machine and make adjustments as needed, being careful not to over tighten the mask. Be sure to use the new parts you receive. Keep the second newest parts you have in case of breakage (see below chart for replacement schedule).
8. Each morning after use follow the cleaning instructions provided (these are listed on the next page).
9. For traveling with your PAP unit be sure that you pack your PAP and all parts securely in the travel bag they were dispensed in. For international travel a universal adapter can be used. There are also D/C converters available. If distilled water is not available, bottled water may be used.
10. Wear your PAP anytime you lay down to sleep. This includes any naps that you may take.
11. Always call your Durable Medical Equipment (DME) Company if you have problems with your PAP machine, mask, need supplies, or are having problems with the pressure setting. They will contact us if any prescription orders are needed.

Product	Replacement Schedule (Contact Your DME w/ Questions)
Tubing & mask cushion	1 Every 3 months
Filters (Disposable)	3 Every 3 months
Chinstrap	1 Every 6 months
Mask w/ Headgear	1 Every 6 months
Filters (Non- Disposable)	1 Every 6 months
Humidifier tub replacement	1 Every 6 months
Heated water chamber	Contact insurance company (BCBS does not cover replacement chambers)
CPAP/BIPAP/Adapt	Most insurance replace every 5 years, contact insurance or DME.

This is the lifespan of these parts, no matter how they appear. Beyond this age they become less effective and can affect you getting optimal treatment. Insurance companies require that you obtain and use your new supplies every 3 months.

Cleaning your equipment and changing filters:

ResMed Escape, Elite, S8, S7, S6 or any Respironics PAP machines

DAILY

Mask/Headgear

- Wash mask and headgear with mild dishwashing detergent such as liquid Ivory soap and warm water. (Cleaners with fragrance, conditioners, or moisturizers will leave a residue. Do not use alcohol, or bleach, as it will cause skin irritation and mask deterioration), or use the CPAP mask wipes or spray*.
- Rinse completely. Sometimes the parts will need to be washed twice if they are still oily.
- Let everything dry completely before using.

Humidifier

- Discard remaining water in chamber the morning after use.
- Clean the humidifier chamber with a mild dishwashing detergent (as described in the mask/headgear section).
- Rinse completely and air dry.
- Vinegar can also be used to disinfect the humidifier tub and remove hard water deposits (be sure to rinse completely). This is 1 part white vinegar and 10 parts water.
- Always refill humidifier with distilled water only.

WEEKLY

Tubing

- Soak tubing with warm water and mild dishwashing detergent.
- Rinse thoroughly.
- Hang to dry.

MONTHLY

Filters

- (**Respironics PAP machines only**) washable filter wash once a month or more often as needed. Use a mild dishwashing detergent. Rinse thoroughly and air dry.
- Respironics and ResMed disposable filters-replace every month.

AS NEEDED

CPAP Machine

- Wipe outside of machine with a damp cloth as needed.

Cleaning your equipment and changing filters:

All ResMed S9 PAP machines

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Common issues with PAP use:

1. Headache or ear pressure

   Although treating sleep apnea usually eliminates morning headache, some PAP users develop headaches on PAP. Others find that their ears develop pressure or pain in them. Most of this relates to underlying sinus congestion due to allergies or to the PAP itself. It is much like traveling in an airplane when you have a cold. The congestion can block the ear canals and changes in air pressure can cause pain when air gets trapped. Sometimes the congestion remains in then ears and sinuses after the acute symptoms of the cold are gone. If you develop headache or ear pain on PAP, schedule an appointment to see Dr. Barker. In the interim you may try decongestions or antihistamines. Saline solution spray or gel can also help with nasal dryness.

2. Removing the mask in the night

   This can happen for a number of reasons: nasal congestion, mask discomfort or claustrophobia. During an arousal, when you are not fully alert you may not remember that you now wear PAP. It may just be that you need some time to adjust to wearing a mask on your face at night. It can be a scary thing to awaken with a strange thing on your face! This should improve over time. It may take a sleep aid to help adjust to wearing a mask, speak to your sleep physician before taking any medication.

3. Aerophagia

   Occasionally, a PAP user will experience air trapping in the stomach and awaken with stomach pain or gas. Sometimes simply making sure that you sleep with your head aligned with your body can help with this. If you want to elevate your head in bed you should do that with a CPAP PILLOW* or using a C-collar that will help with neck flex.

4. Rainout

   This occurs when water vapor condenses to liquid water in your CPAP tubing. The air blowing through your tube then can push the water that has collected in your tube, and you can be awakened by a surprising splash in the face! There are a few things you can do to reduce or eliminate rainout, including covering your tube with tubing wrap. Air is cooled to a point at which it can no longer hold water. If a humidifier is being used, then the air temperature may be slightly warmer inside the tube. The idea behind Tubing Wrap*, then, is that the insulation helps keep the inside of the tube slightly warmer than the temperature of the room. Positioning of the tubing is another issue to consider. Many users position their machines and tubing in such a way that a p-trap is created in the tube. Example, the tube might drop below the level of the machine and humidifier and then rise up to your face, creating a low point where water will gather.

5. Mask leak and poor fit

   If your mask is leaking or leaving marks on your face (pressure sores), check the mask fit, most of the time the cushion is dirty or the mask is too tight. Always refit mask laying down every night before going to bed to ensure a better mask fit and better night of sleep. If the cushion continues to be a problem a new cushion or mask change is needed. Contact your DME for mask assistance or change. There are also REM Zzzs cloth liners* to help alleviate mask leak and pressure sores.

6. Mouth breathing

   This may be caused by nasal congestion from colds, allergies, chronic nasal obstruction, alcohol use, or medications. For others habit, facial and jaw anatomy cause mouth breathing.
   It leads to loss of PAP treatment, leaks, gum damage, and tooth decay.
   The jaws need to remain closed with all types of masks, so a full face mask is not the answer.
   Use of a chinstrap to support the lower jaw and keep the jaws closed is needed. They come in various styles to suit patient preference and fit.
   See section #7 for nasal congestion suggestions.

7. Vasomotor Rhinitis (Non-allergenic Rhinitis)

Vasomotor rhinitis *(VR)* is the term for symptoms such as rhinorrhea (runny nose), and congestion that are not caused by an allergic response of the body. Cold air, strong odors, pollution, or inhaled irritants may cause or exacerbate the symptoms, so naturally a CPAP/BiPAP can contribute to this problem.Vasomotor rhinitis cannot be cured completely but can be controlled. If any of the above symptoms develop when using a CPAP/BiPAP then we recommend that patients try the following:

- Increase the warm air humidifier (WAH). Often patients have VR symptoms when the air is too dry, thus increasing the heat setting on the WAH will increase the amount of moisture and reduce the symptoms of VR. Settings at 81 or higher (3 or higher for older CPAP) during fall and winter months.
- Remember to drink plenty of water during the day.
- Use saline nasal spray as often as needed, at least 4-5 times a day. Sterile saline sprays work great and can be found at grocery stores or drug stores. No prescription needed.
- Ipratropium (Atrovent) nasal spray may be of benefit for runny nose, drainage or congestion. Use nightly, but up to 3 times a day, 1-2 sprays in each nostril. Ask us about this prescription.
- For severe congestion or infection, add use of a Neti Pot which is also available without a prescription.
- Decongestant nasal sprays (i.e., Afrin) are not recommended. These may provide short term relief, but excessive use may result in "rebounding" -- the congestion actually becomes worse after frequent usage. Save these for a severe cold for 2-3 days only.
- These strategies also help treat the symptoms of a cold so you can use your CPAP.

8. Claustrophobia

Some patients with claustrophobia find it helpful to wear the mask (without hose or PAP pressure) around the house or watching TV to adjust to having something on your face. Frequently, patients with claustrophobia find that a nasal pillow or full face mask are easier to acclimate to. Medications can be prescribed that will help with testing and adaptation to PAP therapy at home. This would be a short term use of medication. Follow up visits with Dr. Barker or our PAP department may be scheduled more frequently to make sure that the adjustment process is going well and to help when needed. In some cases, cognitive behavioral therapy may be prescribed to help with the adjustment process.

Be sure to visit the Barker Sleep Institute PAP store for all your PAP therapy support items!!

Insulated Tubing Wrap (for Rainout)	$15.00
CPAP Pillow (mask leaks, Aerophagia, & side sleeping)	$70.00
Mask wipes (cleaning)	$15.00
Mask spray (cleaning)	$10.00
REM Zzzs cloth liners (mask marks or leaks)	$25.00 (30 day supply)
CPAP Pillow Cover	$20.00
Books	$15.00